



MONDAY 19 June 2023: shirt of the day: 2023 issued shirt

TIME	PLACE	EVENT / TO DO	LEADER	NOTES
1200	Registration	Stadium / Bancroft Hall		see notes
1415/20	Introduction I / meet groups /issue caps		BR	
1445-1700	Pool I: Backstroke I (ST ___)	Coaches Rothenberger & Turner		
	Video (ST ___)		ML	
	Starts (ST ___)		Kennedy & Rothenberger	
	Turns (ST ___)			
1730	Camp photo	Tecumseh Court	All: WEAR CAMP SHIRT	
1800	dinner	King	All	
1845	Camp meeting / introduction part II		ML	
1900-2015	Pool II: Backstroke II Lejeune Hall			
2015	Day Camper pick up	Lejeune Desk	TBD	
2030	Seal Team activity/meeting			
2200	Lights out			

*"Success isn't always about greatness. It's about consistency. Consistent hard work leads to success. Greatness will come."
— Dwayne Johnson*

UNITED STATES NAVAL ACADEMY



TUESDAY 20 June 2023: home team/school shirt -

0600	Training Session	Lejeune	TBD + coaches
0715	Wake up		
0730	Breakfast	King Hall	
0810	Meet Day Campers	Desk - Lejeune	staff
0815	STATIONS (2):	1: ST 1-5 -classroom, 2: 6-10 -dryland 1st	
	1. Speaker	Wesley Brown	Guest Speaker + coaches
	2. Dryland	Wesley Brown	JT + team coaches
	Groups will rotate at 0855 to begin at 0900 (quick transition)		
0940/45	AM Stations end / move to pool		
1000	Pool III: Freestyle I	Lejeune Hall	Coaches Jungbluth & Rothenberger
1145	end Freestyle I		ML & coaches
1200	Lunch	King Hall	
1240	Rest / Relaxation	Bancroft Hall	
1315/30	Seal Team meetings	various locations	
1400	Pool IV: Stations (3)	Lejeune Hall	
	1. Freestyle II	LJ (ST _)	DR & SJ
	2. Video review+ group coaching	LJ (ST _)	BR
	3. Starts/Turns	LJ (ST _)	SJ 7 DR
	(40 minute stations / 5:00 for rotation / stay on schedule)		
1615/30	Day Camper Pick up	LJ Scorers Desk	TBD
1630	Group Activities (<i>will vary by day.</i>)		
1800	Dinner		
1900	PM Activity:	Mitchsher	Extended Day/Residents
2015	Extended Day Campers pick-up		staff
	Seal Team activity		
2100	Quiet Time	Bancroft	
2200	Lights Out		

***"The dictionary is the only place where success comes before work."
Mark Twain***

UNITED STATES NAVAL ACADEMY



WEDNESDAY 21 June 2023: *military themed shirt*

0600	Training Session	Lejeune	TBD + 1-2 Coaches
0715	Wake up		
0730	Breakfast	King Hall	
0810	Meet Day Campers	Lejeune Desk	Staff
0815	STATIONS (2):	1: ST 1-5 -classroom, 2: 6-10 -dryland 1st	
	1. Speaker	Wesley Brown	Guest + team coaches
	2. Dryland	Wesley Brown	JT + team coaches
	Groups will rotate at 0855 to begin at 0900 (quick transition.)		
09/4045	AM Stations end / move to pool		
1000	Pool III: Butterfly I	Lejeune Hall	Coaches Fish & Jungbluth
1140*	end Butterfly I		ML & coaches
1200	Lunch	King Hall	
1240	Rest / Relaxation	Bancroft Hall	
1330	Seal Team meetings	various locations	
1400	Pool VI: Stations (3)	Lejeune Hall	
	1. Breaststroke II	LJ far end (7-10)	AF & SJ
	2. Video review+ ST	LJ (ST 1-4)	BR
	3. Starts/Turns	LJ (ST 5-7)	SJ & AF
	(45:00: 40 minute stations / 5:00 for rotation / stay on schedule)		
1615/30	Group Activities		
	Day Camper Pick up	LJ Scorers Desk	staff
1800	Dinner		
1900	Evening Activity: Guest speaker		TBD
	Location-Terwilliger		All
2015	Extended Day Campers pick-up		TBD
	Evening Activity	Resident campers	
2100	Quiet Time	Bancroft	
2145	Coaches Meeting		
2200	Lights Out		

“Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do.” — Pele

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THURSDAY 22 June 2023: *music shirt*

Alternate pick/drop off/checking out early: TBD

1615:tbd

2100: tbd

0600	Training Session	Lejeune	TBD + 1 Coach
0715	Wake up		
0730	Breakfast	King Hall	
0810	Meet Day Campers	Desk	Staff
0815	STATIONS (2):	1: 9-12 -classroom, 2: 8th & under -dryland 1st	
	1. Speaker	WB classroom	AF + all coaches
	2. Dryland	Wesley Brown	JT + all coaches
0940/45	AM Stations end / move to pool		
1000	Pool VII: Butterfly	Lejeune Hall	Coaches Fish & Upman
1145	end Butterfly I		ML & coaches
	Pool III ends (keep all in water until 1145)		
1200	Lunch	King Hall	
1240	Rest / Relaxation	Bancroft Hall	
1400	Pool VIII: Stations (3)	Lejeune Hall	
	1. Breaststroke II	LJ (ST __)	DU & AF
	2. Video review+ ST	LJ (ST __)	BR
	3. Starts/Turns	LJ (ST __)	AF & DU
	(45: 41:00 minute stations / 4:00 for rotation / stay on schedule)		
1615/30	Day Camper Pick up	LJ Scorers Desk	Staff
	Group Activities		All
1800	Dinner		
1900	Guest Speaker	Lejeune classroom	
2100	Extended Day Campers pick-up		Staff
2200	Lights Out		

“Persistence is the twin sister of excellence. One is a matter of quality; the other, a matter of time.” — Marabel Morgan

UNITED STATES NAVAL ACADEMY



FRIDAY 23 June 2023: *blue or gold shirt*

0600	Training Session	Lejeune	TBD + coaches
0715	Wake up		
0730	Breakfast	King Hall	
0815	Room Inspection	Bancroft	
	<i>Have stuff ready to be packed AND move to pool</i>		
0845	Day / Extended day campers arrive (note time change)		
	Graduation review / Camp meeting		
0915/20	Begin Pool sessions		
1015/20	Navy Swimming Camp: Blue & Gold Demonstration		
1140	Graduation		
1200	Camp Dismissal / Airport Crew to BWI		

"Instead of looking at the past, I put myself ahead 20 years and try to look at what I need to do now in order to get there then." Diana Ross